

# LETTING GO

WITH GREG WASINSKI



## FOURTH SUNDAY – LABELS

### OVERVIEW:

This week we are invited to bring truth into the light. Many things that grow in darkness — shame, fear, and false identities — lose their power when exposed to God’s truth.

The label the world gives us is never the identity God gives us.

Lent calls us to release the labels that limit us and rediscover who we truly are as children of God.

### RELATED SCRIPTURES:

**First Reading: 1 Samuel 16:1b, 6–7, 10–13a**

“The Lord does not look at the things people look at... the Lord looks at the heart.”

**Second Reading: Ephesians 5:8–14**

“You were once darkness, but now you are light in the Lord.”

**Gospel: John 9:1-41**

“One thing I do know is that I was blind and now I see.”

### REFLECTION QUESTIONS:

1. What label have I accepted about myself that may not reflect how God sees me?
2. Have I ever judged someone else based on outward appearance or assumptions?
3. In what ways might spiritual blindness be affecting how I view truth?
4. Where in my life might God be trying to reveal His work through my struggles?
5. How can I more fully live as a child of the light this week?

# “LETTING GO” LENTEN SERIES



## WEEKLY COMMITMENT:

This week, I will let go of this label:

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And I will replace it with this truth from God:

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(Example: Let go of “I am not good enough” → Replace with “I am created in God’s image.”)

(Let go of “My past defines me” → Replace with “God is making me new.”)

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## SPIRITUAL WARFARE REMINDER

The enemy often attacks our identity.

He whispers lies like:

“You’ll never change.”

“You are defined by your past.”

“You’re not worthy.”

But Christ restores sight.

When the healed man was questioned, criticized, and rejected, he simply responded with truth:

“I was blind and now I see.”

Your story of grace can become the light that helps others see as well.